

**For some years** I've run music activity sessions at many Care Homes, Day Clubs, Assisted and Independent Living developments in York, Selby and surrounding areas.

Now and in response to numerous requests, I also offer **Arts and Crafts sessions.**



### **Something for Everyone**

The arts and crafts are chosen with the group's abilities in mind. I try to ensure that everyone can participate and wherever possible, adapt the project to accommodate individual needs.

### **Good for you as well as fun**

The activities are designed to keep fingers and hands moving, provide a sense of purpose and help the mind stay lively.



Real leaves but we made the paper flowers!

### **Many different art projects**

Projects have included pottery, paper flowers, birdhouses, tortoise pots, chalk boards, coasters and pop up cards. For seasonal celebrations, we've also made Halloween lanterns, Christmas decorations, Advent calendars, Christmas crackers (complete with snaps!) and Easter baskets.

### **Age appropriate**

The projects are simple but not childish. We make things that are useful as well as attractive and enjoy a chat and a laugh whilst doing so.

Emphasis is placed on freedom to express creativity and enjoying the session. Creating a masterpiece is not essential!

### **No Worries**

Projects can be undertaken on individual trays or sitting round one or more tables.

I provide all the materials and tidy up afterwards, leaving people in the group to admire their handiwork.



**I am not affiliated to any franchise or large organisation so I'm affordable and you know exactly who you are going to get!**

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